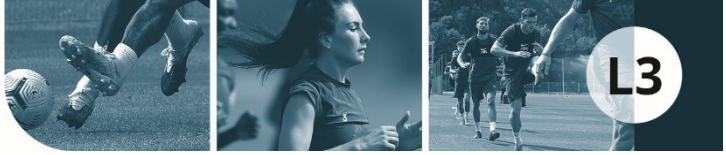
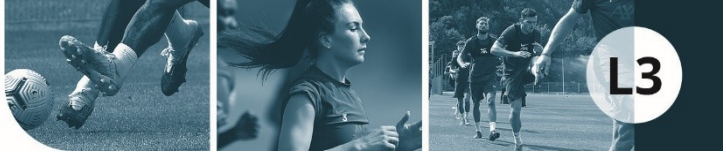


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 26: Nutrition for Physical Performance**
Learning aims	A: Examine concepts of nutrition, hydration, diet and digestion B: Explore energy intake and expenditure in sports performance C: Investigate legislation, guidance and procedures associated with anti-doping
Assignment title	A case study examining energy, nutrition, hydration diet, digestion and A report which investigates legislation, guidance and procedures associated with anti-doping
Assessor	
Issue date	
Hand in deadline	

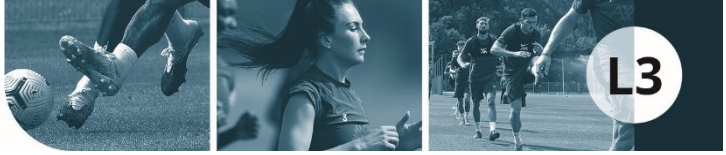
Vocational Scenario or Context	You have been working as a sports nutritionist at an established Tennis club. The club has taken on new players and they are not familiar with sports nutrition and the benefits it can bring to sports performance. You need to use your knowledge of sports nutrition to produce a case study of information which you can deliver to the new members.
Task 1	A detailed case study examining energy, nutrition, hydration diet, digestion and their importance in relation to sports performance You will need to describe and explain the effects and importance of energy, nutritional and hydration requirements required for a particular type of activity. You should then make an analysis to determine the factors which contribute to energy balance and assess their effects on sports performance within wider nutritional and hydration needs. You should include references and examples where you can to support your analysis. The case study should be split into six sections and contain the following information: **Section 1: Nutrition** • Structures, function and sources of micronutrients and fibre. • Macronutrients • Micronutrients • Fibre • Nutritional requirements • Common terminology and standard abbreviations



	used in tour country **Section 2: Hydration** • Signs and symptoms • Fluid intake • Sources **Section 3: Diet** • Balanced diet • Guides for sources of nutrition and balanced diets **Section 4: Digestion** • Structure of the digestive system • Functions of digestive system **Section 5: Energy** • Measures • Sources • Measuring body composition • Calorimetry **Section 6: Energy balance** • Basal metabolic rate • Factors affecting basal metabolic rate
Checklist of evidence required	The case study must include information on the following six topics: • Nutrition • Hydration • Diet • Digestion • Energy • Energy Balance

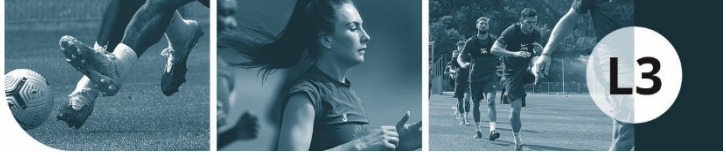
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
A.P1	Describe concepts of balanced diet and sources of nutrition from recommended guidelines.
A.P2	Describe hydration and its effects on sports performance.
A.P3	Describe the structure and function of the digestive system in terms of digestion, absorption and excretion.
B.P4	Describe energy intake, expenditure and balance in sports performance.
A.M1	Explain the relationship between nutrition, hydration and diet and the impact on sports performance.
B.M2	Explain energy intake, expenditure and balance in sports performance.
AB.D1	Analyse nutritional, energy and hydration needs for a selected sports performer

Vocational Scenario or Context	You have been working as a sports nutritionist at an established Tennis club. The new players need to know about legislation, guidance and procedures associated with



	anti-doping. You need to produce a report for the new players which explains strategies that they can undertake to ensure that they are fully aware and prepared for anti-doping screening.
Task 2	A report which investigates legislation, guidance and procedures associated with anti-doping You need to produce a report which describes and assesses the methods of anti-doping used by athletes to improve their sports performance. You should then analyse their value and comparative effectiveness. Your report should be split into two sections and include the following information: **Section 1: Performance enhancing substances and drugs** • Performance Enhancement Substances • Contamination of supplements • Counterfeit supplements • Anti-Doping • Prohibited substances • Prohibited in competition • Substances banned in particular sports **Section 2: Anti-doping legislation and guidance** • Agencies and Policing of Ant-Doping • World Anti-Doping Agency. • NADOs • Athletes rights and responsibilities • Anti-doping violations **Section 3: Testing Protocols and Methodology** • Athlete's whereabouts in training, in competition, out of training and competition. • Testing procedures
Checklist of evidence required	The report must include information on the following topics: • Performance enhancing substances and drugs • Anti-doping legislation and guidance • Testing protocols and methodology

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
C.P5	Outline legislation, guidance and procedures associated with anti-doping in sport
C.M3	Explain strategies that an athlete can undertake to ensure that they are fully aware and prepared for anti-doping screening.
C.D2	Analyse the methods of anti-doping and discuss the effectiveness of these methods.



Sources of information to support you with this Assignment	**Textbooks** Adams, M. et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2016) ISBN 9781292134000 Bean, A. The Complete Guide to Sports Nutrition (Complete Guides) Paperback (Bloomsbury Sport; 8th edition 2017) ISBN 101472924207 Bubbs, M. Peak: The New Science of Athletic Performance That Is Revolutionizing Sports (Chelsea Green Publishing Co; 1 edition) ISBN-10: 1603588094 **Websites** Food Standards Agency www.eatwell.gov.uk Human Kinetics www.humankinetics.com The World Health Organisation www.who.int
Other assessment materials attached to this Assignment Brief	